

**AMENDMENTS TO THE CLAIMS:**

Please amend claims 1 and 5 and add new claims 6-20 as follows.

**LISTING OF THE CLAIMS:**

The listing of claims will replace all prior versions, and listings of claims in the application:

1. (Currently Amended) A portable exerciser ~~which includes~~ comprising:  
a mat having ~~at least two~~ first and second components that can be collapsed into a smaller arrangement and wherein at least one of the components includes at least one stretchable band that can be used by an individual for exercising; and  
an adjustment mechanism mounted to at least one of said first and second components including:  
a first bar support, and  
a second bar support having a plurality of spaced apart engagement members adapted to receive a section of said first bar support wherein one of said first and second components can be selectively angularly adjusted and maintained relative to the other component.
2. (Original) The portable exerciser as defined in claim 1, wherein said stretchable band is detachably connected to said at least one component of the mat.
3. (Original) The portable exerciser as defined in claim 1, wherein a handle is connected to one end of said stretchable band.
4. (Original) The portable exerciser as defined in claim 3, wherein said handle is detachable connected to said stretchable band.
5. (Currently Amended) The portable exerciser as defined in claim 1, including wherein an said adjustment mechanism orients and maintains one of said two first and second components an angle between 0° and 180° relative to the other component.

6. (New) The portable exerciser as defined in claim 1, wherein said first component is hingedly secured to said second component.

7. (New) The portable exerciser as defined in claim 1, wherein said at least one stretchable band is made of a resilient elastic material.

8. (New) The portable exerciser as defined in claim 1, wherein said first and second components include a plurality of stretchable bands having different resistances to extensibility.

9. (New) A collapsible portable exerciser comprising:  
a back mat having a compressible material secured to a relatively rigid structure, said back mat including a first stretchable band for exercising mounted to said relatively rigid structure;  
a bottom mat hingedly connected to said back mat, said bottom mat having a compressible material secured to a relatively rigid structure, said back mat including a second stretchable band for exercising mounted to said relatively rigid structure;  
a first generally U-shaped support rotatably mounted to said relatively rigid structure of said back mat; and  
a second generally U-shaped support rotatably mounted to said relatively rigid structure of said back mat, wherein said first support is adjustably engageable with said second support, such that said back mat, when rotated relative to said bottom mat, may be fixed at a predetermined angle relative to said bottom mat.

10. (New) The portable exerciser as defined in claim 9, wherein said second bar support includes a plurality of spaced apart notches for engaging a section of said first bar support.

11. (New) The portable exerciser as defined in claim 9, wherein said first and second stretchable bands are detachably connected to said respective back and bottom

mats, each stretchable band including a handle detachably connected to one end of said stretchable band.

12. (New) The portable exerciser as defined in claim 9, wherein said back mat includes a pair of stretchable bands mounted adjacent opposing side surfaces of said back mat.

13. (New) The portable exerciser as defined in claim 9, wherein said bottom mat includes a pair of stretchable bands mounted adjacent opposing side surfaces of said bottom mat.

14. (New) The portable exerciser as defined in claim 9, further comprising a hinge for connecting the back mat to the bottom mat.

15. (New) A collapsible portable exerciser comprising:  
a back mat having a compressible first surface and a relatively rigid second surface, said back mat including a pair of first stretchable exercising bands detachably mounted adjacent to opposing side surfaces of said relatively rigid second surface;  
a bottom mat hingedly connected to said back mat, said bottom mat having a compressible first surface and a relatively rigid second surface, said bottom mat including a pair of second stretchable exercising bands detachably mounted adjacent to opposing side surfaces of said relatively rigid second surface;  
a first generally U-shaped support rotatably mounted to said relatively rigid second surface of said back mat; and  
a second generally U-shaped support rotatably mounted to said relatively rigid second surface of said back mat, said second support including a plurality of spaced apart notches for receiving a section of said first support wherein said back mat can be selectively angularly adjusted and maintained relative to said bottom mat.

16. (New) The portable exerciser as defined in claim 15, wherein each first stretchable band includes a first handle detachably connected to one end of said stretchable band.

17. (New) The portable exerciser as defined in claim 15, wherein each second stretchable band includes a second handle detachably connected to one end of said stretchable band.

18. (New) The portable exerciser as defined in claim 15, wherein said first support is mounted adjacent said pair of first stretchable bands.

19. (New) The portable exerciser as defined in claim 15, wherein said second support is mounted adjacent a bottom surface of said back mat.

20. (New) The portable exerciser as defined in claim 15, further comprising a hinge for connecting said bottom surface of said back mat to a bottom surface of said bottom mat.